

Sampan

A publication of the Chinese-American Civic Association

School opens quietly at New Quincy School

School opened peacefully and quietly at the New Quincy School this month, which opened its doors for the first time this fall. Located at 885 Washington Street, the facility houses, in addition to the public elementary school, the South Cove Community Health Clinic, the Quincy School Community Council and the Chinatown Little City Hall (see related story.)

According to Little City Hall manager Peter Chan, there are

nearly 800 students attending the school in grades kindergarten to fifth grade. Approximately 51 percent are Chinese, 16 percent are white, 26 percent are black and the remainder, about seven percent, are Hispanic.

The New Quincy School is housed in a very modern complex, one which it shares with the community as a facility used during non-academic hours for special community service programs. There are several outstanding features--an upper

roof which can be used for multi-purposes, such as storage room, recreational area, a multi-purpose lecture hall which can be used by the community for a number of reasons, a swimming pool, gym and locker, and all the necessary facilities for the health clinic.

The school itself is divided into four "subschoools," each supporting 200 students. Each subschool consists of grades one to five plus an adjacent area for kindergarten. Classes will be taught in an open-space format,

with no physical walls separating classes within each subschool. (The open space format is in vogue in educational circles, but the Quincy School is flexible and is physically capable of being closed in with walls in the future should the need arise.)

Special education classes will be taught at the Quincy School in small rooms (four classrooms) designed for the hearing impaired, the visually, perceptually and physically handicapped.

Most students from the old Quincy School (enrollment there was only 150) and the Lincoln School (approximate enrollment of 400) are at the New Quincy. The rest, nearly 50 percent, are bused from Charlestown, Back Bay, Beacon Hill and Roxbury.

Chan said that there was nearly 95 percent attendance on the first day of school on September 13. The daily attendance, he said, has been high, from 95 to close to 100 percent of enrollment.

Kindergarten students at the Quincy School began on September 20.

Among the many concerned and interested parents to walk their children to their new school included Mayor Kevin H. White. Public figure, often in the midst of the whole busing controversy, on September 13, he quietly put on his private citizen hat and walked into the new Quincy School as parent of first grader Patricia.

Principal of the New Quincy School is Robert Earley.

Parents and other persons interested in viewing the new facility are invited to an Open House on Sunday, October 3, from 1 to 3 p.m. At the same time, there will be an election for membership to the Multi-Racial Parents Council, an advisory group of parents who will assist Headmaster Robert Earley in an advisory capacity about matters relevant to education at the New Quincy School.



Chinatown Little City Hall in new Quincy School

The Chinatown Little City Hall, for over six years sharing office space with the Chinese Consolidated Benevolent Association on Oxford Street, has moved into new quarters--in

the sparkling brand new Quincy School at 885 Washington Street.

Little City Hall manager Peter Chan and assistant Anna Yu

moved on September 13. They can be reached at the same phone numbers: 542-5931 and 542-6125. Their hours are the same-- Mondays through Fridays, from 9 a.m. to 5 p.m.

Interested in community work?

Have you community spirit? Join us--become involved in a creative, meaningful way!

The Quincy Community School is brand new, with staff, budget, and programs needing guidance by you. We need community people to join the Quincy School Community Council, and devote their energy and ideas towards developing unique new programs.

To be eligible for council membership, all you need to do is:

1. Fill out an application to be a member of the corporation. To be an active voting member of the common council, you need to
2. Get 10 community people to support your membership in the common council.
3. Attend 2 workshops to be held in October.

For information on application forms, workshops, call:

Quincy School Community Council
885 Washington Street
426-6660

Workshop I
History of Boston
Community Schools
Mon. Oct. 18th
Sat. Oct. 30th

Workshop II
History of Quincy School
Community Council
Tues. Oct. 19th
Sat. Oct. 30th

Bloodmobile at Tai Tung Oct. 17

A Bloodmobile will be in Chinatown on Sunday, October 17, in the Tai Tung parking lot from noon to 4 p.m.

Persons interested in donating blood must register and be pre-screened at the Little City

Hall, now located at the New Quincy School at 885 Washington Street, prior to donating.

The last day to register is Saturday, October 16.

TV 38
WSBK-TV
The Bruins/Red Sox Station
SAMPAN Sponsor of the Month

Sampan
85A Tyler St. Boston, Mass.

Raymond Lum
15 Summit Av
Somerville, MA 02143

NON-PROFIT ORG.
Bulk Rate
U.S. POSTAGE
PAID
BOSTON, MA
PERMIT NO
54368

Building for a better tomorrow VEEP students

By Mabel Chu

On September 1, 1976, the first soft, golden ray of twilight fell upon the busy, bustling city of Boston. The evening promised to be full of joy and excitement for the graduating students of the Vocational English

Education Program (VEEP). Slowly, the decorated hall of the Chinese Merchants Building gradually filled as friends and relatives arrived to see their loved ones receive a simple sheet of paper neatly tied in a little piece of red ribbon.

This was more than symbolic, this piece of paper, more commonly known as the diploma. Every one of the 38 students had been working for

this piece of paper in the previous six months. The ceremony marked an end to a period of jotting notes, writing compositions, doing home assignments and cramming for exams. To some, this signified a beginning to another period of intensive studying and learning, to others, a period of job-hunting. But to all, this opened up an era in which every individual student will be

building his or her new horizon in the world.

The graduation ceremony was short, yet traditional. To express her gratitude to the guests in attendance, Ms Hae-Ok Kim, one of the graduates, did a Korean fan dance in her country's traditional costume. After the performance, vigorous applause and works of compliment echoed through the hall. The ceremony was followed by a Chinese banquet at China Pearl Restaurant. Thus concluded the seventh cycle of the program.

The Vocational English Education Program came into existence in 1973. It is funded by a Federal grant under CETA which is in turn administered by the Boston Manpower Administration. The program holds a relatively small, but adequate staff of three teachers, one guidance counselor, one vocational counselor, a supervisor and a secretary. The three teachers head three different levels of competency among students—elementary, intermediate and advanced. The teachers work in concert to provide the students with a sound and basic background in the English language. Likewise, both the guidance and vocational counselors work together to give the students advice and help in regard to their future career.

The major goal, as well reflected in the program's name, is to extend both English and vocational training services to those who are unable to participate in the job market because of a limited knowledge of the language. The program

operates on a six-month basis. During this period, the students attend classes from 9 to 3:30 daily from Monday through Friday. In addition to this intensive academic drilling, students are taken on field trips to various business firms and are exposed to job interviewing through movies which are shown in the classes. This allows the students to become familiarized with various business settings and the type of verbal interaction usually called for in an interview. Typewriters are also available for those who wish to learn or better their typing skills. Despite such heavy schedules, there is always time for fun. On different occasions, students are taken out for tours of historical sites and for picnics.

On top of all these free and valuable services, each student receives a stipend each week. The purpose is to help minimize any financial strain that may befall the family after the breadwinner becomes a student in the program. Needless to say, this program is an inevitable sign of welcome to the new immigrant.

It is impossible for the program to successfully process every student into an immediately employable individual within such a short time span, yet the program also serve as a short-term refuge from the strange and seemingly hostile environment. If any reader is interested in gathering more information about the program, please feel free to drop by the Vocational English Education Program on 18 Oxford Street, Boston, any time between 9 and 3:30 Monday through Friday.



Several members of the Chinese Golden Age Center, 239 Harrison Ave., recently toured Boston Harbor as guests of Boston Gas, which has hosted the hour-long cruises since the summer of 1969 for non-profit organizations. Among those who enjoyed the sunshine and scenic views were, from left: Mrs. Wong, Mrs. Tom; Mrs. Woo, Mrs. Soohoo, Miss Gee, Assistant Director of the Center Mrs. Nadine Wu, and Mrs. Wong.

California Chinese teachers seek info on Chinese communities

Dear Editor:

The Association of Chinese Teachers (TACT) has received a grant from the U.S. Office of Education to do a series of short stories on Chinese Americans. To find out more about Chinese Americans in the United States, we are asking for your help to provide more information about Chinese Americans living outside of California.

Chinese community. 3) The personal experiences of Chinese Americans over the last hundred years that have been documented.

If you have any information, please contact me. Please find enclosed a description of our project.

Don Wong
Project Director

The Association of Chinese Teachers (TACT) seeks to enable elementary school children to learn about the ethnic heritage of Chinese Americans.

During the 1976-77 school year, projects to be undertaken

by TACT are curriculum materials development of a Chinese American Resource Kit to include: 24 short stories with learning activities, 1 teacher's guide, and 1 cassette audio tape with Chinese American short stories.

A training program to consist of 4 workshops will be conducted for teachers and community people on the use of the Chinese American Resource Kit.

The resource kit will be available at a later date to school districts, ethnic heritage programs, educators, organizations, community agencies, and ERIC. 1000 kits will be reproduced for distribution.

We are interested in the following: 1) Historical information pertaining to Chinese in the areas of farming, transportation, other industries, and racial discrimination against the Chinese. 2) Present day information regarding the

Money Man: 'Bull' alive & well

Editor's Note: A regular feature of the SAMPAN is a column by our "Money Man." His thoughts and tips about financial matters in past columns have ranged from insurance needs to investments and even to buying Savings Bonds. In his next column, our "Money Man" takes a look at the stock market and ventures a few thoughts about the economy.

The Bull Market is alive and well.

It has been quite awhile since my last article on the condition of the economy and the stock market. In my opinion, we are tracking beautifully: the economy is pausing and therefore creating debates among economists; businessmen are not borrowing for expansion, the consumer is reluctant to buy and is maintaining a high degree of savings. The stock market has been in a consolidation for better than six months since the fantastic January spurt.

Most economic indicators continue to improve, albeit at a

more moderate pace. Isn't this what we want? Wasn't a super heated economy and the resultant run away inflation the big worry a couple of years ago? It hasn't been too long since inflation was so rampant that deflation (depression) was uppermost in our mind. In fact gold was the haven most talked about for our assets. Even Uncle Sam was gracious enough to allow its citizens to buy gold. At that time we had an article pertaining to gold and decided that at \$200 an ounce it was no deal.

Since those hectic days of a couple years ago world economies are recovering. Gold bullion is no longer as desirous and consequently has dropped approximately 50 percent. Where are all the gold bugs? Liquidity has improved at both the corporate and individual level. The Prime Rate (interest rate at which the most credit-worthy customers borrow) was at no less than 12 percent versus the 7 percent at present. The improvement

continues without the excesses.

So far, the stock market is mirroring the recovery in the economic sector. The 150 points by the Dow-Jones Industrials in January has given way to a great amount of uncertainty. The uncertainty has lasted approximately six months and reactions (dips) of over 60 points.

It is my opinion that a bull market has been in force since December 1974, and the intervening pauses in 1975 and 1976 are nothing but that—pauses. From the point of a market tactician, three surges or waves or legs are usually expected. We had a strong surge from December 1974 to the middle of 1975. The December 1975 to February 1976 move was the second wave. It now appears that the second pause is near completion with another "leg" about to begin. In a previous article on the stock market I ventured an objective or target for the Dow Industrials of approximately 1200. This opinion still holds.

 **Samp**an

Editor: Gloria Chun

English Associate Editor: Marian C. Hwang

Chinese Associate Editor: Douglas Wong

Photo Editor: Wendy Maeda

Advertising Manager: Philip Chew

Business Manager: Ginny Chew

Lay-Out: Richard Saltzberg

Special Assistance:

Marian Callet, Judy Campbell, Leann LaHar

Printing: Journal Publishing, Revere, Mass.

Typesetting: Courtesy IBM

Staff:

Lorraine Chin

Peter Chan

Paul Chan

Mabel Chu

The SAMPAN is a monthly, non-profit publication of the Chinese-American Civic Association. Its staff is entirely voluntary. Its policy is to provide relevant information about the events which affect Boston Chinatown and its residents. The objective of the SAMPAN and its staff is to provide a vehicle for communication about local news events and issues of importance to the Chinese community in New England. It is the only printed voice for the Chinese community.

ADVERTISING is accepted to cover costs of publishing and other related expenses. Deadline for advertising is the last day of the preceding month before publication. Printed photo-offset. Repro proofs, art work and photographs are acceptable. Mats, engravings and electros, etc. are not accepted. Rates: \$3 per column inch, quarter page, \$50; half-page, \$85; full page, \$150. SPONSOR OF THE MONTH—\$100.

Advertising inquiries should be directed to: SAMPAN, Advertising Manager, c/o CACA Multi-Service Center, 85A Tyler Street, Boston, MA, 02111, or call 426-8673.



Boston Gas made a contribution toward Chinatown's August Moon Festivities in August. Beverly A. Munn, a Boston Gas urban affairs specialist, center, presented the check to Danny Yee, left, a member of the August Moon Festival's Publicity Committee, and Dana Wong, Summerthing coordinator and Festival publicity chairman.

Tong named to Garrity's Citywide Coordinating Council

Among the 15 new appointees to the Citywide Coordinating Council (CCC) announced by US District Judge W. Arthur Garrity Jr., is May Ling Tong, executive director of the Chinese-American Civic Association (CACA).

The Council whose term expires in 1977, is responsible for:

- 1) providing desegregation-related information to any group or group of individuals,
- 2) monitoring court desegregation orders, such as plans for occupational and vocational education, the desegregation of faculty and the administration and student transfers,

3) lending support and assistance to any person or group involved in the desegregation case, and

4) providing supervision and guidance to the district advisory councils.

Upon the recommendation of last year's council, the Councils' membership was reduced from 48 members to its present 15 members.

"The decision to reduce the size of the CCC and the scope of its concerns rests mainly on the desire of the court and the parties to move gradually toward the termination of this litigation or at least to its deactivation with the court reserving a merely

dormant or standby jurisdiction," Judge Garrity said.

Ms. Tong attended Boston University and the University of Massachusetts, and has been the CACA executive director since 1974. Her present membership includes the American Heart the Chinese Consolidated Benevolent Association, United Way, and the Boston Community Media Council.

Among the 15 new appointees are: Robert M. Coard, executive director of Action for Boston Community Melvin Miller, publisher of the BAY STATE BANNER; and Laura B. Morris, of the Family Association of Greater Boston.

Looking for work? PACE exam for professional, federal career jobs

If you have or expect a college degree within the next nine months or have at least three years of responsible work experience, but can't find that entry level career position you're looking for--you'd better consider the PACE or Professional and Administrative Career Examination.

PACE can get you an entry level professional or administrative career position, about \$9,000-\$11,000, with any federal agency. Salary is determined according to years of experience and educational background.

PACE is not a specific job announcement but a written

examination for persons seeking entry level professional and career positions.

The written test is given on a limited basis, so it is important that you take the test as soon as possible for maximum job consideration. Get a head start on other spring graduates by registering for the PACE exam as soon as possible. The first PACE exam will be given on November 6 in the Boston area. Registration for the exam must be made by October 10, 1976. Registration forms may be obtained by contacting the Boston Area Office, U.S. Civil Service Commission, Three Center Plaza, Boston, MA

02108, tel. (617)-223-2571 or 1-800-882-1621.

If the thought of taking an examination scares you off, think of it this way. One exam is similar to an application with an employment agency receiving job requests from all federal agencies. In all, there are about 45 agencies in the Boston area.

Some jobs which are frequently placed through PACE include: customs and immigration inspectors, computer and personnel specialists, insurance and passport inspectors, and investigators, writers and editors.

Fried Shrimp with Flair!

Ingredients:

- 2 lbs. shrimp
- 2 medium onions
- 11 Tbs. cooking oil
- 3 Tbs. ketchup
- 1 Tbs. cornstarch
- 1 Tbs. water

Sauce ingredients:

- 1 Tbs. sherry or rice wine
- 1/2 cup water
- 1/4 tsp. sesame oil
- 2 Tbs. worcestershire sauce
- 1 Tbs. sugar
- 2 tsp. salt
- 1/4 tsp. black pepper

Directions:

1. Clean, devein, wash and dry shrimp.
2. Shred onions. Heat 3 Tbs. oil. Stir fry onions in 1/2 tsp. salt until translucent. Arrange on a platter.
3. Heat 5 Tbs. oil over high heat. Reduce heat and stir fry shrimp, shaking pan gently until red, or about two minutes. Sprinkle 1 Tbs. of wine over the shrimp and remove from pan.
4. Heat 2 Tbs. oil. Add ketchup, sauce ingredients and bring to a boil. Add shrimp and stir fry for about 1 minute. Combine cornstarch with water, and add cornstarch mixture to shrimp. Arrange shrimp with sauce over onions. Serve.

Future of YMCA Bubble in Chinatown remains uncertain

Editor's Note: In the past few years, the future of the Chinese Y has been quite uncertain because of its dependence on land rented from the Boston Redevelopment Authority (BRA). As its title implies, the BRA is concerned with the redevelopment of land--particularly land in urban areas, such as Chinatown. There are several BRA parcels in Chinatown. The Chinese Y sits on one of them. SAMPAN reporter Alan LaRue files this update.

By Alan LaRue

It is reported that the Department of Housing and Urban Development is pressuring the Boston Redevelopment Authority to close-out its current lease contracts. This could possibly mean the closing of the 62-year-old Chinatown YMCA at 56 Tyler St. South

Cove and central office BRA officials have not been able to confirm these reports.

Executive Director William Bray says the "Y" presently has a lease which could be terminated by the BRA anytime upon 60-days notification. Bray had not heard reports of either Federal or BRA intentions to terminate. He felt, however, that other agreements could be negotiated with the BRA if the community showed a strong interest in continuing "Y" services, and BRA officials support this view.

The "Y" temporary "bubble" facility houses a gym, drop-in center, TV-room and office. An adjacent building providing 19 single-room apartments is also operated by the "Y". Although these facilities are inadequate, they are all presently available. Past attempts to establish a permanent building met with considerable obstacles from the city building commissioner and because of cost increases. The protracted struggle also resulted in a loss of interest and support. Meanwhile, other community facilities, such as the community school, have since been constructed, lessening the need for the "Y". The temporary building was put up as a last resort to preserve the "Y" in Chinatown.

Bray says the "Y" has tried to be an apolitical, non-denominational body whose immediate services are still beneficial to the community. He

says the current problem facing the "Y" is acclimating the community to its services when those services are threatened by extinction. Youth programs are still the "Y's" priority, but it is difficult to convince the community that young people, like the elderly, have needs of their own, Bray said. Many programs end before they begin because of lack of staffing, adequate permanent facilities and community funding. It must be noted that the "Y" has provided many benefits to the community, through individual projects and long-term programs, over its long history, he said.

An organization like the "Y" needs a permanent base. The bubble facility, however, has a life expectancy of five years, which leaves only about one more year for the final submission and approval of new program proposals.

The Ys feasibility studies for various future alternatives have not yet resulted in any concrete proposals. A permanent free-standing building would cost too much, and be difficult to justify in light of other community facilities. A housing-recreational component has been ruled out for similar reasons. A joint venture with other community organizations is still a possibility, but political problems could become overwhelming and counterproductive. Whatever the choice, the Y would like to stay in the South Cove area, although

possibly not necessarily in Chinatown. The community would have to show significant interest in "Y" services and help provide a budget (\$150-200,000) adequate to properly maintain those services. If the community is satisfied with the present offerings, then decisions will have to be made to extend the lease and to maintain a deteriorating facility.

Adult scouting opportunities

Opportunities for adults in scouting begin at ages eighteen to senior citizen as the troop leader, assistant troop leader, program consultant, service team member, or a member of the board committee. This year Fall Training includes orientation, initial training, troop camping, first aid training, and crafts workshop. Adults who are interested in working with the Chinese communities in Boston Chinatown, Brookline, or Brighton-Allston contact Girl Scouts of the Greater Boston Area, Inc., 85 State Street, Boston, MA 02109 or call 523-8255

Registrations are being scheduled for adults and girls (ages 6-17) during the month of October at schools, churches, and youth agencies in the community. For more information contact Girl Scouts of Greater Boston.

Jobs through ABCD for Chinese youth

Through the efforts of Action for Boston Community Development (ABCD) the city's antipoverty agency, and other local agencies, over 170 of the community's youth were able to obtain summer employment. Their jobs ranged from office work, to messengers, to cleaning-up. Special programs run by ABCD allowed some of Chinatown's youth to learn about environmental factors and health careers.

Chinatown's youth were very successful in the city-wide athletic program run by ABCD. The Chinatown volleyball team became city champions by virtue

of a convincing victory over Allston-Brighton. Starring for Chinatown were Benjamin Leong and Martha Seid. Other members of the team who performed well were Kevin Luke, David Ancheta, Margaret Lee, Hung Lee, May Tom, John Chin, Fan Chow, John Szeto, and Judy Chen.

Lending moral support to the team were ABCD counselors Chee Chin and Bobby Wong. The loud cheering of Mickey Lee was also an important factor in the team's success. The basketball team also had a fine season under coach Leslie Goon. They won four and only lost two.



Reggie Wong, part owner of new Chinatown Restaurant, Szechuan Garden, poses with two entertainers featured at the restaurant and unidentified friend.

Classes for small business managers being offered

A series of classes on small business management will be held at Conference Room C, 4th floor, the Prudential Tower. The classes last from 6:30 to 9 p.m. and cost \$7 a session.

Monday, Sept. 13 Introduction to bookkeeping systems

Wednesday, Sept. 15 How to read and use financial statements

Monday, Sept. 20 Planning and controlling budgets

Wednesday, Oct. 13 Making a marketing plan

Monday, Oct. 18 Promoting and publicizing your business

Wednesday, Oct. 20 Advertising your business

Monday, Nov. 15 Hiring, firing, and managing your people

Wednesday, Nov. 17 Protecting, securing, and insuring your business

Friday, Nov. 22 Training and communicating with your employees

These classes are co-sponsored by the Massachusetts State Office of Minority Business Assistance (SOMBA), the Small Business Administration, and the Bunker Hill Community College. Those interested should call SOMBA at 727-8692 for an application form to any or all of the above classes.

Intercultural sharing, exchanges part of classroom

Chinese-American children from the Michelangelo Middle School and Roxbury High School will participate with children from Cambridge and Watertown Public Schools in the study of Chinese, Armenian and Portuguese American cultures in Boston, Watertown, and Cambridge. The buses will begin to roll late in September, and in-school study and trips to cultural sites will end in December.

These activities will take place under funding by the Massachusetts Department of Education, Bureau of Equal Educational Opportunity, Magnet Education programs.

In the spirit of Magnet Education grants, children will also learn about their cultures from one an-

other--Chinese-American children teaching the Portuguese and Armenian children, and Portuguese and Armenian children serving as interpreters of their cultures.

In addition to trips to such sites as the Peabody Museum Salem, the Chinese, Portuguese and Armenian Communities in Boston, Cambridge and Watertown, the Whaling Museum in New Bedford, children will also actively participate in folk dancing, folk festivals and food experiences.

Workshops in the three cultures have been held for teachers who will participate in the program from Boston, Cambridge and Watertown public schools.

The Holy Trinity Youth Program operated a nine-week

summer rigorous compensatory education and recreation program for 153 youths from low income families in the Boston Chinese community.

Seventy-three students who have been in the United States for less than one year participated in the program. Nineteen of these students have been in the U.S. for less than six weeks. They speak little or no English. These students participated in English as a Second Language (ESL) classes for three hours each day. They also participated in recreation every afternoon--trips and sports with schoolmates and teachers to develop friendships, and to ease adjustment to the new culture and environment.

There were 80 students who have been in the United States for more than a year in the

Reading Component. Many have serious academic and social adjustment problems. We do have some students who are excellent readers; we accepted them into our program specifically to serve as models for the other students. There are other youths whom we admitted because they enjoyed very much our program last year, and wished to return. These students take part in three hours per day of English, math, and other fields that they hold interest. During the afternoons, they mix with the ESL students in recreational activities, which include nature hikes, swimming, arts and crafts, and visits to companies and museums.

Our program is the only rigorous summer language program for children and teenagers operated in the

Chinese community. We also complement education with recreation and counseling--using an integrated approach to the interlocking problems of language and cultural conflict.

Last summer's program was extremely successful. Pre- and post-standardized testing in the Reading Component indicated an average gain of more than one year of instruction in two months time in mathematics, and an average increase of four months in the level of reading comprehension in two months time. The students also indicated that the program increased their interest in learning and that they enjoyed the program very much.

For further information, please call John Wong or Holly Lockwood at 426-6142.

This summer program ended August 27.

'Legal rights' column begins in SAMPAN

In the following months, a series of articles entitled "your Legal Rights" will be presented dealing with general legal information of interest to the Chinese community in the Boston area. This series of articles is part of the community education project initiated by the Greater Boston Legal Services Chinatown Outreach office.

Since the opening of the Chinatown office in the fall of 1975, it has become apparent to the Chinatown staff that many Asian people do not understand the American legal system and do not know where to go for assistance in dealing with legal questions. This series is intended to assist the Chinese community in understanding various areas of the law and in recognizing legal

problems. It is also intended to explain the role of an attorney in legal matters and to encourage members of the Chinese community to seek legal advice when they are confronted with legal problems and questions.

Greater Boston Legal Services (GBLS) is a non-profit organization funded by the federal government and by private contributions. The main function of GBLS is to provide free legal assistance to low income people in the Greater Boston area in various areas of the civil law such as family relations, housing, consumer affairs, welfare, social security, supplemental security income, and immigration and naturalization. GBLS generally cannot take cases dealing with criminal law, torts and other

fee-generating cases, real estate matters, corporate law, and taxes because of federal guidelines.

The staff of the Chinatown Outreach Office consists of one full-time bilingual (Chinese-English) staff attorney, law students working on either a full-time or part-time basis who are supervised by the staff attorney, and one part-time secretary. They are responsible for all the work of the Chinatown program.

The Chinatown office is located at 199 Harrison Avenue, 2nd floor, Boston, MA 02111. The hours for consultation and walk-in service are Tuesdays and Thursdays, 9 a.m. to 12 noon; telephone: 426-5323. At all other times, clients may be served by walking in or by appointment at the GBLS South End office, located at 793 Tremont Street, Boston, MA 02118; telephone: 261-8750.

Eligibility for legal assistance from GBLS is determined by income, residency, and subject matter guidelines. For example, a family of three members residing in Boston whose combined income is less than \$5,200 a year may be eligible. If you are unsure whether you are eligible for free legal assistance from GBLS, contact any of the branch offices listed below and talk with a staff member. If you are eligible you will receive free legal services, except for possible filing fees and court costs. If you are ineligible you will be referred elsewhere for legal assistance.

If you live near one of the

other GBLS branch offices and speak English, you should go to that office for consultation. The eligibility guidelines for all offices are the same.

If any of you have any ideas about topics which you would like to see discussed in this

series, please do not hesitate to contact the Chinatown staff at GBLS.

C. Sugiyama
S. Yee Mulloy

J. Fong

Next month: A brief overview of the American Legal System

English classes for Chinese offered Brookline residents

English classes for Chinese residents of Brookline will be offered beginning the week of September 27, 1976. Each class will meet twice each week for a period of ten weeks. Second semester will start in February 1977.

Two classes will be offered at Devotion School on Tuesday and on Thursday evenings from 7:30-9:30 p.m. Also, two classes will be offered at Devotion School on Saturday, a class for intermediate students from

9:00-11:00 a.m., and a class for beginners from 11:00 a.m. to 1:00 p.m.

The registration fee for Brookline residents is \$5. For non-residents the tuition fee is \$25. If you wish to register for a class, please complete the enclosed form and mail it to:

Adult Education Office
Brookline High School
Brookline, Ma 02146

Please enclose your check for the registration fee payable to:

TOWN OF BROOKLINE

Legal services branch offices

Brighton
56 Chestnut Hill Ave.
Brighton, MA 02135
Ph: 254-0312

Children in Need of Services
14 Somerset St.
Boston, MA 02108
Ph: 227-0200

Council of Elders Program
Morville House
102 Norway Street
Boston, MA 02115
Ph: 536-0400

Domestic Relations
14 Somerset Street
Boston, MA 02108
Ph: 227-0200

East Boston
108 Maverick Street
E. Boston, MA 02128
Ph: 569-1661

Fields Corner
1486 Dorchester Avenue
Dorchester, MA 02122
Ph: 436-6292

Chinatown Outreach
199 Harrison Avenue
Boston, MA 02111
Ph: 426-5323

Suburban Service
27 School Street
Boston, MA 02108
Ph: 227-4276

Grove Hall
474 Blue Hill Avenue
Roxbury, MA 02122
Ph: 442-0211

South Boston
424 W. Broadway
S. Boston, MA 02127
Ph: 269-3700

South End
793 Tremont Street
Boston, MA 02118
Ph: 261-8750

October 5 deadline to register to vote . . .

Who may register to vote?

Any citizen of the United States who is a resident of Massachusetts and will be 18 years old on or before Election Day may register to vote.

You must register if you want to vote.

How often must I register?

Registration is permanent in Massachusetts unless you move, change your name, or do not reply to a notice from your city or town that your name is being removed from the list of eligible voters.

When and where may I register?

There is no waiting period to qualify for registration. You may register to vote as soon as you claim residency in your city or town.

Are there registration deadlines?

Yes. Registration is closed for a brief time before each election to prepare the voting lists for that election: 28 days before presidential primaries, regular state primaries and state elections; 20 days before city or town elections, town meetings, special primaries and special elections; 14 days before special town meetings.

How do I register?

Go to one of your local registration places. It would be wise to bring some identification

(driver's license, credit card) or proof of residence (rent receipt) with you. You will be asked to complete an affidavit of registration which must be answered truthfully under penalty of perjury.

How do I register if physically disabled?

Write or call your local registrar of voters no less than three days before the close of registration for the election. Two registration officers will come to your residence, rest home, or hospital, and register you if you cannot go out to register.

Where and when may I vote?

Polling places are usually located in your neighborhood. Call your local city or town hall or see your local newspaper for details.

How do I vote?

Sample ballots and instruction cards are posted at the polling place. Election officers are required by law to help you if you do not understand the voting procedures.

What if my name is not on the list?

If you registered and your name is omitted from the voting list or is listed incorrectly you may ask the election officer in charge of the polling place to call city or town hall to check your registration. If you are found to be correctly registered, you may vote.

If the election officer is unable to confirm your registration, you should go to the city or town hall. If your registration is correct, you may vote immediately on an absentee ballot. You may, if you prefer, obtain a certificate from the registrar and return to your usual polling place to vote.

May I change my party identification?

If you want to change parties or drop your membership in a party after a primary, you may do so immediately after voting by filling out a card which is available at the polls, and returning it to the registrar of voters; or by going or writing to city or town election officials at any time. The change becomes

effective 28 days after receipt of notification by election officials.

Who may vote absentee?

Any registered voter who will be unable to go to the polls on election day or who is physically incapacitated may vote absentee. Certain unregistered voters have a right to a federal personnel ballot. You must be a United States citizen

temporarily out of the country, on active duty in the armed forces, in the merchant marine, or a federal service employee (or spouse of dependent of one) and absent by reason of service. (In all cases you must register in person when you return since this does not establish permanent voter registration.)

QUINCY TOWERS

Elderly Housing

located on the Edge of Chinatown, Five Oak Street, West across the street from the Don Bosco School

Quincy Tower is a 16-story building for the elderly (62 years of age or older)

All utilities included except telephone. Wall to wall carpet, disposals, air conditions, emergency call buttons, close circuit TV security, public laundries, plus a resident superintendent.

Quincy Tower is financed by the Massachusetts Housing Finance Agency. Apartments are available on an open occupancy basis with rents adjusted according to income.

Applications will be taken through November 5th. Rental office open daily from ten to six. Monday through Saturday. For further information-contact the managing agents, Hunnemen and Company 742-4430

All Apartments available on an Open Occupancy basis.

DR. GEORGE BONDERMAN, M.D.

150 GRANT AVENUE

NEWTON CENTRE, MASS. 02159

OFFICE 3-7 P.M. -Tel- 782-5805 244-2260

FRANKLIN PARK APARTMENTS

Elegant Structures Rehabilitated for Ultra Modern Living

Features: Full Spacious Kitchens, Dishwashers & Garbage Disposals, Wall-to-Wall Carpeting, Air Conditioning, Smoke Detectors & Water Sprinklers, Laundry Facilities.

Rentals Starting At:

1 Br. \$182.00
1 Br. \$202.00 (Elevator Bldgs.)
2 Br. \$214.00
2 Br. \$234.00 (Elevator Bldgs.)


Building Locations: Adams, Crawford, Esmond, Bicknell, Bowdoin, McLellan, Talbot and Wales Streets.

No Security Deposit Required
Utilities included in the Rent

Apply for applications at:
132 Seaver Street
Roxbury, Mass.

If you have any questions please feel free to call 442-1190

Financed by Massachusetts Housing & Finance Agency



New Bedford

MELVILLE TOWERS

Senior Citizens Housing

Located in Downtown New Bedford Diagonally Across From the Former New Bedford Hotel

MODERATE INCOME HOUSING

ONE BEDROOM \$187.50 - TWO BEDROOM \$233.33

ALL UTILITIES INCLUDED

INCOME LIMITS UNDER SECTION 236 PREVAIL

A NUMBER OF UNITS AVAILABLE UNDER RENTAL ASSISTANCE

OFFICE HOURS MONDAY TO SATURDAY 9-5 & SUNDAY 12-5


FOR INFORMATION IN NEW BEDFORD CALL

993-3077

SUBSIDIES PROVIDED BY DEPARTMENT OF HUD

CONSTRUCTION FINANCED BY MASS. HOUSING FINANCE AGENCY

MANAGED BY- PEABODY PROPERTIES, INC. 536 GRANITE STREET, BRAINTREE, MASS. TELEPHONE 848-4442.



Equal Housing Opportunity

COMPUTER OPERATORS

2nd shift

Immediate openings for Computer Operators with at least 6 months experience in the operation of Honeywell 6000/G.E.600 series computer. This system utilizes GCOS, IDS and supports a large TPE inquiry system.

Our rotation schedule utilizes the short work week. Positions are available Monday through Wednesday or Thursday through Saturday, 7:30 pm-8:00 am, 3 days on 4 days off. Shift differential paid on evening shift.

Excellent benefit program including special dental coverage. Salary commensurate with experience.

Apply at Personnel Department, 2nd Floor, 100 Summer Street, Boston between 8 am and 4 pm or call 956-2091.

LONG ISLAND HOSPITAL

Head Nurses

You need a Massachusetts registration and a minimum of 2 years of clinical experience. Hours are 7am-3pm.

Ens & LPNs

We have positions available which require no rotation and include every other weekend off.

Long Island Chronic Disease Hospital is an agency of the City of Boston Department of Health and Hospitals.

Compensation encompasses competitive salaries and liberal benefits including credit union, free transportation, City of Boston Retirement Program, and a tuition reimbursement program.

Call or write Ann Piver, Associate Director of Nursing, Long Island Chronic Disease Hospital, Boston Harbor, Quincy, MA 02169, (617) 328-1371.



Boston Department of Health and Hospitals

An Equal Opportunity and Affirmative Action Employer M/F

IN A CITY . . .

...known for its hospitals and patient care, Department of Health and Hospitals has earned its own far reaching reputation for excellence. Current positions available.

BOSTON CITY HOSPITAL IN-PATIENT

Specialty staff nurses

Medical, Surgical, ICU and CCU, Prefer persons with Critical Care nursing experience.

Progressive Care Unit

No experience required although prefer persons with some knowledge of Cardiac nursing and reading EKGs.

Special Care Nursery

1 year of clinical experience required.

Staff Nurses

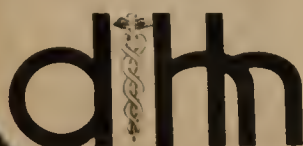
Full time and part time positions available on all shifts for persons interested in Medicine, Surgery, Emergency Room and Ob/Gyn.

COMMUNITY HEALTH Principle Public Health Nurse

This person is responsible for the supervision of nurse clinics at all DH & H TB satellite clinics. Also responsible for providing in-service, counselling, guidance and expertise in Tuberculosis control and management to the general staff and other community based programs as needed.

Excellent salary and benefits plus housing and shuttle service to and from MBTA stations and parking areas.

Call or write Mrs. Virginia Trahan, Nurse Recruiter, (617) 424-5505, Department of Health and Hospitals, 35 Northampton Street, 4th Floor, Boston, MA 02118.



Boston Department of Health and Hospitals

An Equal Opportunity and Affirmative Action Employer M/F

Work in Boston's Anti-Poverty Program

PROGRAM DEVELOPMENT

Specialist/Planner

Write, organize and research proposals, do grant development and coordinate refunding process with Federal, State, City funding sources. Work on special projects as required, including analysis of existing programs and action-research.

Qualifications: Must be experienced proposal writer with strong background in human services program development and/or administration. Must be familiar with appropriate Federal legislation, the funding process and CAP programs. Excellent organizational, work design, analytical and writing skills needed. Graduate degree preferred, and at least 3 years relevant experience required, but any combination of education and experience may be taken as an adequate substitute.

INFORMATION SPECIALIST

MIS Coordinator

Coordinate Management Information System; perform research required to meet information needs in planning, evaluation and program development; participate in the program monitoring and refunding processes; maintain department library and research publication distribution; supervise college work study students and/or other volunteers. To assist with MIS and special projects. Other related duties as required.

Qualifications: The ability to organize, analyze, and describe data, ease with numerical tasks and familiarity with electronic data processing. College degree with graduate studies in Sociology, Urban studies, and statistics or the equivalent in related work experience preferred.

Resumes for the above positions should be directed to the Personnel Department.



**Action for Boston
Community Development
Inc.** 150 TREMONT STREET, BOSTON, MASSACHUSETTS 02111

In accordance with the ABCD Affirmative Action Program, applications from minority and female candidates are particularly encouraged.

MATTAPAN HOSPITAL

HEAD NURSE Respiratory Unit

The goal of this unit is to remobilize, to help patients to recognize, cope with, function and live with limitations. Must have experience in Respiratory Nursing.

SUPERVISOR 3-11 p.m. shift, Part-Time

One of the primary responsibilities will be in staff development. Our focus is on rehabilitation, so we'd prefer someone with a working background in long-term illness, with rehabilitation knowledge demonstrated skills. BS degree desired.

LPNs

We have positions available which require no rotation and include every other weekend off. We offer competitive salaries and outstanding benefits including credit union, City of Boston Retirement Program, and a tuition reimbursement program.

Call or write Dorothy Turner, RN, Associate Director of Nursing, Mattapan Hospital, 249 River Street, Mattapan, MA 02126, (627) 289-7900.



Boston Department of Health and Hospitals

An Equal Opportunity and Affirmative Action Employer M/F

COOK WANTED

Chinese cook wanted. Salary \$200. Ask for Michael Chin at 848-4455, Chinese Express Restaurant, 211-213 Quincy Avenue, Braintree.

Help Wanted

Tailors
Stitchers
(will train)
Sallinger's
565 Washington St.
Boston, MA
Tel. 426-7531
426-0350

FOR STUDENTS

Part time delivery wanted. Must have a car. Flexible hours, can be tailored to suit your schedule. Salary-open.

call: Elinor or Raymond
1-4 p.m., 6-7 p.m. (exclude
Tuesday & Sunday)

Day Care Teachers- bilingual- full or part time- 40 children- new facilities in modern building- South Cove Boston near Tufts N.E. Medical-resumes and salary requirements to Quincy Tower Associates, 665 Boylston Street, Boston, MA 02116.

Parking Available
24 Harvard St.
Boston, MA
426-5450

Housing for Elderly

**1000 SOUTHERN ARTERY
QUINCY, MA 02169**

A moderate-income apartment house for men and women 62 years of age, available on an open occupancy basis.

One-bedroom apts. (for couples) \$168 monthly; Studio apts. (for individuals) \$136 monthly. All utilities included.

Resident supt.

For application write:
1000 Southern Artery
Quincy, Mass. 02169

FOR SALE

'68 Red VW Bug; exc. body condition- no rust; good running condition; snow tires. Asking \$350. Call Louis in P.M. at 232-0175.

Sales (Male or Female)

Mail order and wholesale business, no investment, no risk, income potential, \$800 to \$1,500 per month. Call 468-3462

West Newton

6 rm Dutch Col-3 bedrooms, finished porch & playroom- basement garage, new kit. & bath, perfect condition, ready to move in, big lot. \$53,500 call 969-9158.

畢業禮物

兩年前，一位青年女讀者離開居住在加省的父母來麻省；現畢業於波士頓大學碩士位。她的母親因途遠未能來恭賀，寄以下一封信作為畢業禮物。舢舨覺此信表達一般父母對子女的期望，欲與讀者們分享這快慰，同時與做學生的讀者趁這學年的開始共勉之。

親愛的××：

收到你學校 BOSTON UNIVERSITY 寄來的通知信 CERTIFICATE OF

COMPLETION OF DEGREE REQUIREMENT — MASTER OF EDUCATION。這是我對於你最大的願望，如今果然成為事實，你當能想像我的快慰，我自己一生的遺憾沒有受過大學教育，如今總算在子女的教育上補償了，古人說：「天下無難事，祇要用心堅。」有志者事竟成，我老早就絕對肯定你不是不會讀不成碩士的，你必須堅強你的自信心，你雖然並非天才，但你亦不是比他人笨，你現在當可信我之言和自信了。附上報剪的中國格言，希望你有空閒時每個字都能認識和背寫出來，雖然我深知其中十份之人你們（你和哥哥）都早已做到

，因為我一生待人接物終是這樣，但寫這篇的人已八十多歲了，他更比我老，有見識，生經驗豐富的積聚，至理名言，值得你化些時間來研讀它，這就作為我給你的畢業賀禮；記得我時，就拿出來看看，你現在有了學識和工作經驗，從今入息不必擔心經濟獨立，不像過去的一般女子到我年紀的家長就要找一門口讓她衣食有靠才可安心，盡了家長的職任。……下略……嫁出門口直至老死為止，如子女能出人頭地，

一九七六年一月四日
為了金山時報
讀者園地
處世蜀言

- 吳下八十叟幸翁
- ▲勿忙時要鎮靜。得意時要謹慎。
 - ▲施恩不可望報。受恩不能忘報。
 - ▲勿驕傲方能進步。多勞動自然健康。
 - ▲希望別人對你關心。你先要對別人熱情。
 - ▲對得意的人不必奉承。對失意的人須加慰藉。
 - ▲遇無可理喻的人。只當他是醉漢。
 - ▲遇難以應付的事。只當他是夢境。

已是生命中最最後的一絲光明了，什麼好吃的，好穿的都無福消受了，但心靈中總祇尚有最後的安慰，死也可瞑目，但也有子女受不到好的教育，毫無成就，更是一生勞碌。講這些閑文給你知，讓你可以知道你處在社會裡任什麼地位。九月九日是你行畢業禮之日，有機會會拍些照片寄來吧，我們全家各人都為你歡欣萬分。Good，你的成功完成碩士。祝你永遠快樂健康。

母字

- ▲急躁常能敗事。忿怒最易傷身。
- ▲要忍耐不要懦弱。要勇敢不要粗魯。
- ▲對不滿意的人。須要想到這人也較好處。對不愉快的事。須要想到這事還有更壞時。
- ▲批評你的人。也許並無惡意。奉承你的人。須防不懷好心。
- ▲對自己應當節約。但不可吝嗇。
- ▲對別人應當慷慨。但不宜闊綽。
- ▲聰明人切忌尖刀刻薄。忠厚人不可昏聩糊塗。
- ▲做助人家的事。必須盡心竭力。
- ▲講勸人家的話。應當委婉誠懇。
- ▲對能够做到的事。必須努力。對無可奈何的事。不必操心。
- ▲別人有過。不宜苛責。自己有過。不能寬恕。
- ▲利己而損及他人的事。切不可做。
- ▲利人而無損於己的事。何樂不為。

發墨未成章（再篇）

鶴山居士

北方
三角去了右斜邊
從北至東
寒冰烈日
隙縫中
再也找不着
春
和那春的
嫩綠
輕柔

孤鷗飛後
祇是
獨行歌者
喃着
不成曲的調子
似查理士河深處的
鳴咽
湖畔
重漫步
藍水無波
叢樹擠擠
雲鎖眉
依舊
却不如舊

滿庭芳宴客

李麗華賀喜

春隨人意 曉色早開

滿庭芳酒樓夜總會經月餘的籌備，裝修完竣，已煥然一新，滿庭芳三個工筆字的招牌，高懸在大樓的中央，很遠就可望見。此樓名還要歸功於現在的總經理李照先生呢！其中有曉色之開及春隨人意的詞句也正是滿庭芳竭誠為顧客服務的宗旨。今後為酬謝新知舊雨的惠顧，特增設團體及大宴小吃經濟時菜的優待菜單。

八月十四日滿庭芳在下午七時以雞尾酒會招待僑團領袖，同業先進和鄉新好友。到有中華公所主席李實卿先生，中華民國駐波士頓代表趙伯英領事伉儷，還有各大學校中西教授，以及各界人士，均由常務董事黃述沾先生及總經理李照先生予以接待，並由歌星黎芳小姐陪同影后李麗華特自紐約趕來揭幕剪綵，五彩繽紛的花籃排滿了滿庭芳的門前，一片喜

氣洋溢的氣氛。司儀是由曾任麻省理工學院中國同學會主席分別致詞，嗣由享譽港九的名樂隊吳迪龍張國雄音樂伴奏，歌星演唱助興，來賓們三三兩兩婆娑起舞或喝香檳，或品嚐名廚梁春支的川揚名菜及美點，賓主盡歡，真是盛況空前，酒樓開幕，電影明星剪綵，在波士頓華埠，還是首創第一次



一雙媚眼迷住了東南亞差不多半個世紀的李麗華特地趕來波士頓為滿庭芳夜總會致賀詞。

太極拳漫談(接上頁)

他說：動物的細胞受到病毒的感染後，會產生一種干涉物的現象。這種干涉物如果比病毒高，就不致發生疾病，但是精神受到緊張的刺激，體力會分泌大量的荷爾蒙，這種荷爾蒙大量的分泌，恰好減少了干涉物質的產生，因此也削弱了動物的抵抗力，增強了病毒的數量，疾病就容易發生。這位醫生這種深入淺出的解釋，可以說我們對於人應該鬆弛下來的道理，不但知其然，而知其所以然。

同時根據以往學者的經驗，學考日久對於一般慢性病人，老人都有功效。這也說明了此種藝術學的人越來越多了。地區越來越廣的原因之一。尤其是如果把每天大費三五分鐘的時間扣得病以後的受苦和醫藥費用來比較，其取捨得失不待智者也可立時分明了。

此外太極拳著重「虛」「靜」「柔」三個字。習考日久，對於一個人人的氣質也有潛移默化的功效。

我們大波士頓地區範圍內的各位朋友對於太極拳的興趣也



日見濃厚，參加練習者也已有不少人。現在願在此畫出一個圖來，簡單的介紹一下練拳的全身姿勢應加注意之點，作為大家的參考。

托兒所誠徵雙語教師

全職兼職均可。四十名兒童。新型樓宇及設備。本市南區近紐英倫醫務中心。簡歷及薪酬請寄波士頓 Boylston 街六六五號君子樓公司

住宅出售

WEST NEWTON 區三睡房大屋有露台玩房土庫及車房。全新廚房浴室。不必裝修即可入住。地大。五萬三千五百。電話：一九六九。九一五八

太極拳漫談

劉幼峰

太極拳相傳是宋末張三豐

真人所創，張真人因看到廬院之內鵝蛇相鬥，悟出以柔克剛的道理，才按太極拳變化，成太極拳。書載張三豐祖師是宋理宗淳祐七年公元一二四七年夏辛巳四月初九日子時生，過去中國國內的拳友都在這天飲酒打着，作壽慶祝。

按照張三豐太極拳論原意上說：「此傷武當山張三豐祖師述論，欲天下豪傑延年益壽，不徒作技藝之末也。」這是說：太極拳原設計的目的在於作第一種運動，促進人體的健康，而不必一定看做拳術，這也證之今日的实际情況，真是再確切也沒有了。

我們現代的社會，飲食豐盛，營養充足，除此外亦尤有車身活動的機會，實在很少，於是大家都感到運動的重要。

但是談到運動這件事，真是種類繁多，什麼球類呀，田徑

呀，體操呀，游泳呀，騎馬呀，划船呀，打拳摔跤呀，拳重門劍呀，爬山騎車呀，雪跡冰呀，舞蹈呀，五花八門，不一而足。

事實上，真的要我們去選一種運動，可以長時間的日伴從我們，隨時促進我們的健康，使我們的精神長保健旺從小到老永遠使用的，却又太容易。

首先，有的運動要有設備，有的設備且還不能設在家裏，要叫運動場或體育館去。

有的運動需要大家一起做，最少也要另外一人做對手，上的運動需要場所，需要大的空間。

差不多的運動都要氣力或體力，年壯猶大或身體衰弱的，便不得不退避三舍。

譬如我們採用最簡單的跑步，現在就有醫生提出來，跑步對於心臟較弱的人不太安全，最後祇有緩緩的散步了，而散

步打又不是一種什麼樣的運動。

太極拳是一種拳法加上道家吐納練氣的功夫而成。打拳的時候，既不需要什麼設備，又不需要什麼寬大的場所，如果需要舒適，換上一雙軟底鞋即可。然後一個人毫不用力地緩緩做去，因為在吐納練氣方面，我們祇需要最初步的深呼吸，而這種深呼吸正供應了我們運動所需的養氣。因此運動完了，不但像其它運動做完時的氣喘吁吁，面紅耳赤，却更振作，可以立即從事其它的工作，與其它大多數的運動過後急需要休息者，截然不同。

太極拳更妙的是不但外練筋骨皮，而且內練精氣神，精氣神練久之後可以消除百病，延年益壽，所以我們說這是人人可做的運動，而且可以做到七十，八十甚至更高的年堂，使人對社會人類有足夠的精神，體力，和些日，做更多的貢獻。

太極拳練氣的工作與日同深，長久下來，可以增加肺容量，促進血液循環和新陳代謝運動，因而血壓下降，消除緊張，恢復疲勞，使失眠脫跡。在血液循環系統方面一切順序之後，首先見功的是人的精

神高，血色好，無論男女都可長保青春。

在呼吸系統方面機能增強之後，首先見功的是小感冒，在今日傷風無特效藥，對流過性病原體發生束手無策的時候，祇有靠太極拳者可以免受其苦。

在消化系統方面因深呼吸而造成的橫隔膜運動，使橫隔膜上下兩邊的肝臟六腑都得運動，增強消化排泄經常無阻更不足為奇了。

在神經系統方面因為「以意使氣，以氣運身」的關係，使大腦皮質中神經經常受到積極的訓練，因而可以用意識獲得神經的鬆弛和休息，同時也使入神經鎮定，頭腦冷靜，做事時效率高，不做事時立刻神經鬆下來，使神經上的緊張化而無有。關於這一點我們今日生存在高度工業化，機械化，競爭化生活中的入真是求之不得的寶物。因為根據現代病理學家的研究結果，認為一切疾病的發生，多半由於精神緊張或神經變化所致。讓我們引用一位我國醫學教授的話來說明此點。據這位教授研究的結果，精神緊張會減低動物對各種病毒及微生物的抵抗力。

中華公所
安良工商會
合辦之

職業英語班 行畢業典禮

九月一日那天，正當夕陽西下，賓客漸漸擠滿安良大禮堂，準備參觀成人職業英語訓練班之畢業典禮，畢業人數共三十八名，禮儀既隆重又簡單，娛樂節目為韓國民族舞，由一名韓籍畢業女生主持表演，舞姿輕盈，令人神往，禮畢，師生及嘉賓同聚華珍飯店作晚膳。

成人職業英語訓練班成立於一九七二年，乃波士頓城教育計劃內一項，以訓練有英語困難之少數民族為目標，學校成員包括三名教師，一名輔導員，一名職業輔導員，一名主任及一名秘書，三位教師分擔三班不同等級之學生——即低、中、高三級，二名輔導員合力引導學生就業或升學問題。該校課程著重於實用職業英語訓練，除課堂教學外，學生尚有機會接受課外知識——如參觀商行、歷史、文化等名勝、及教育電影，除此種種免費服務外，學生於受訓期間，享有生活津貼，這樣一來，學員不但可免費學習，尚有生活保障，對大多數新移民來說，此訓練學校實屬一線新希望，讀者如欲知更多關於訓練班情形，請詢問於成人職業英語訓練班，波士頓市，惠士佛街，十八號，二樓，電話號碼：五四二一—二六〇三。

布克來市英文班 九月廿七日開課

由一九七六年九月廿七日開始，布克來市(BROOKLINE)又為該區的中國居民設立英文班。

這課程分兩學期，每週上課兩次，十週完成。下學期將在明年二月開始。

這英文班的地點：在布克來地華信小學；時間：每星期二、四晚上七時半至九時半上課；星期六：中級班在早上九時至十一時，初級班上午十一時至下午一時。

布克來市的居民只需付註冊費五元。別區的居民則要付學費二十五元。有意者請向布克來成人教育廳詢問或報名。

ADULT EDUCATION OFFICE
BROOKLINE HIGH SCHOOL
BROOKLINE, MASS. 02146

電話七三四一一一一。

十月十七日 請踴躍輸血

捐血救人，功德無量；捐血與被捐，不分種族，性別等界限。波士頓紅十字會為呼籲華人踴躍捐血，將於十月十七日星期日派出捐血流動車到大同村停車場，時間為中午至下午四時，名額為三十二人。有意捐血的善長請早日到華埠小市府(新昆市學校內)預先登記及安排時間為盼。

莘莘學子

文化交流

在美高安治路中學和落士拔利中學的華人學生將有機會與來自劍橋(金有利治)和水鎮(華德担)的學生共同學習有關中國、亞美尼亞和葡萄牙的傳統和文化歷史。由九月末開始的節目將有室內閱讀，講解；出外遊覽有關傳統性的名勝，直至十二月為止。

這項活動是由麻省教育局款助的，此特別撥款為使三個不同祖籍文化有機會互相交流，使學生領略到其他民族的風土人情。

參加的學生將遊訪在附近的博物館，觀看有傳統歷史和民族演變的陳列；訪問民族相聚的鄰境；參加各種民間娛樂表演，慶祝傳統節日；食物嚐味等等。有關學校的教師和主任經已結成小組，進行籌備計劃。

中華耆英遨遊 查理河畔風光

中華耆英會自從梅伍銀寬主任，與吳雷領平副主任接事以來，悉力整理會務，徵求會員，改良膳食，一般高齡男女，咸表滿意。該主任又向中政府請求報効巴士車，載赴郊外參觀農場花卉，參觀水族館等活動。

昨八月四日，又租遊船在查理河邊遨遊，乘涼作樂，各人皆大歡喜，笑逐顏開，連聲稱謝。

美洲至孝篤親公所 懇親大會 濟濟一堂

美洲至孝篤親公所輪值紐約分公所舉行第二十屆懇親大會，於九月七日在紐約至孝篤親公所禮堂舉行預備會議，選出大會主席團五人，又票選七八為提案審查委員會委員，七人為研究修改總章委員，核數員六名，以總公所秘書長陳理漢為大會秘書長，紐英倫分公所主席陳毓禮亦為五名秘書之一。

八日在紐約分公所頂樓舉行祭祖禱告典禮，儀式遵古隆重。隨於正午十二時假中華公所禮堂舉行開幕典禮，到有總領事黃功權大使，陳納德夫人，梅女士，中華公所主席余日煥，安良工商會總理陳顯祥，余建軍及各僑團領袖，中西嘉賓，孀姐姐妹伯叔兄弟五百餘人，濟濟一堂。

九日起該公所附屬二十三個單位代表六十九名，即展開族務檢討，報告及修改總章，和衷共濟，熱烈討論。

十二日進行選舉。選舉結果：美西總理陳啓康，副陳廷沾。

。美東總理陳國瑞，副陳英及其他職員，大會遂圓滿閉幕。總公所喜慶不忘善舉，捐約中華公所五百元，華僑捐二千元，碧文醫院五百元等。紐英倫分公所出席的代表三人：主席陳毓禮，陳典熾，議長陳顯祥；另出席觀禮的有十餘人。

昆市學校正式啓用 華埠小市府遷新址

耗資一千多萬元，設備繁多，色彩奪目的新昆市社區學校，經于九月十三日星期一正式啓用。

該校乃市長懷德任內興建十四間社區學校之一（今秋一共有三間新社區學校予以啓用）。社區學校之特色是除了教育部份外，其他設備可供社區使用。

新校可容納由幼稚園至五年級學生共八百人。由于車軌混

按第二期半的規定，該校百分之五十為華童，廿六為黑童，十六為白童，其餘為西班牙語學童。

社區設備方面包括可容納三百人的禮堂，游泳池，健身房。華人醫務中心早于今年七月遷進辦公。

華埠小市府為配合新學年，亦于九月十三日正式搬至新校辦公。

該日上午八時校長埃利，華埠小市府主任陳建立及學校老師們在門前歡迎各家長及學生，秩序井然，人人見到新校都興奮萬分。

市長懷德之幼女亦進入新校內讀小學一年級，市長以天下父母之心，親送其幼女上課，並參觀新校的設備。

新校的地址為華埠華威頓街八百八十五號。學校辦公室電話為四二六五五五二。

華埠小市府的電話仍為五四二五九三一及五四二六一二五。

昆市學校社區民眾委員會亦積極開展工作，夏天時舉辦日營，反應熱烈；同時游泳池繼續開放，暫定時間為星期一至五，下午四至六時。委員會之電話為四二六六六六。

君子樓

開放日：
十月十八日
下午一至五時

君子樓是專為六十二歲或以上的老人而設的，樓高十六層

君子樓位于華埠，座落屋街西五號，毗鄰鄧鏡波學校

君子樓設備齊全，對牆地毯，空氣調節，緊急呼救設備，洗衣房，閉路電視，垃圾清理系統，除電話費外，租金包括一切，管理住在樓內

君子樓由麻省房屋貸款局貸款興建，租金按收入能力而定

申請日期由十月十八日至十一月五日上午十時至下午六時（星期一至六）。詳情電 742-4430

華美綜合服務

移民入籍 就業謀職
養老福利 通傳翻譯
為我族類 豐功偉績

華美福利會的综合服務所
在波城唐人華服務已有五年了，雖近年亦市面經濟不景，通貿膨脹，但服務社的工作仍不斷地擴充，其成功因素不祇優越的服務成績，而是存有有效吸取經費的能力，例如服務社最近得撥一萬五千美元經費，來自麻省聯合共濟會，雖然所得款項不大，但機會很難得，據

湯司徒美蘭女士(該所兩年來的主任)說，有十五社區團體申請，只有兩個團體獲得撥款。由申請至批准這一年多，其中經過不小延遲，各方的推薦扶助，查核該社過去三年的賬目才通過。

此經費將部份撥助僑胞找尋工作，房舍，或入職業訓練班，英語教授班，如各項傳譯，翻譯等工作。

其它就包括有投訴各政府機關對種族歧視事件，如勞工安全衛生局最近為華工補得薪金，因顧主少給華工工錢，當公價是每小時七元九毛半，華工只得兩元半，還有一案投訴於省立法歧視委員會和小型商業管理局使顧主給華工有機餐受訓，升級和相等待遇。

服務所的主任蘭麗芬小姐經常陪同華人前往移民局，幫助申請家屬移民和入籍手續，至今已有一年多，最近移民局認可小姐為正式的移民代表，幫助有關手續和法律，因小姐在去年七月至本年六月內為該社完成了一百零四件申請，目前有一百三十多件案件待辦。

通常的移民案件者先需四個至六小時與申請者和証人會談，填寫表格，把各項問答翻譯

成英文，蘭小姐於本報記者看的表格文件，中文有九頁，英文有六頁，詳細解釋所需要的經歷，不時因小姐需陪同申請者前往移民局充任翻譯把填好的申請表投入，普通的申請移民局需六個月至一年輪值辦理，然後送至香港領事館待辦。

每次看到團聚的家庭重訪，致謝，蘭小姐內心覺得很快慰，而且樂於有機會實習移民法律的經過。

黃伍小婢女士係僑胞服務已有多年，她受訓於麻省勞工保障部，為職業指導員，她的基本責任替找工作者尋空缺，當失業人多的期間，黃女士找尋若干需僱工人的廠商。

在去年六月至本年六月，該所經過四百七十五個訪談，只配得一百三十一份工作。這樣的數目是因多唐人街區的特殊情形，服務社接得的空缺大部份乃是低薪的工廠職位，工商經營實習和技術工作的顧主很少求該社找工作人，其它商行和辦公室所需的工作要給流刺英語的，大多數的申請者未能勝任，有若干的公務員職，須申請者為美國公民(最近美國最高法院通過準許未入籍的移民申請公務員職，但至目前當

局還未完成所修改的法例)，未服務社找工作的，一是剛畢業的大學生，沒有工作經驗，其餘的是沒有技能的，如有技能而不識英語的；不識英語者在服務社有專員幫助，此是李煥雄君，他是ABC的顧用的，在該社為職業指導主任，他招考申請人加入職業英語訓練班，使錄取者能逐漸解除弱點，使他能勝任較好的職業，去年二百零八人申請一百廿二人被錄取云。

據黃女士說，服務所的工作繁多，未能全部應付僑胞所需，不若易分身多工人找尋更多的空缺位，她與李君經常須互相幫助事務。

其它在服務所辦公室內有：社會保障局代表在素婢女士；保安局的社區服務員莎麗高潔高，代表聯邦稅務局專門幫華人填入息稅的謝健達君和趙妙慈女士；中華青年團的顧問李英儒，和辦公助理馬國美挑，以上各位都知藹可親，專誠為僑胞服務。

綜合服務所地址在波士頓唐人街泰勒街55號；電話四二六八六七三。辦公時間由上午九時至下午五時，全部服務皆是免費的。

卅二屆埠際 排球大比賽

洪青男女排球隊 雙雙獲得冠軍獎

全美華人埠際第三十二屆排球比賽，在波士頓舉行。來自各方球隊，男性者十三隊（加拿大、多倫多飛虎、甲乙兩隊、美京、京青甲、乙、永和、三隊、紐約、洪青甲、乙、雲峯、美東四隊、波士頓海青、劍虹、僑聲、永和四隊），女性者兩隊，共計十五隊。於九月五日上午十時，戰幕揭開。

首先交鋒者，為雲峯隊與飛虎乙隊。由中華公所主席李寶卿，中華民國駐波士頓總領事吳世英，波城助理市長鍾士，及球賽總務陳毓璇等，主持開球禮。隨即展開競爭，各頭身手，互演神技。中西男女，接踵摩肩而至，人山人海，圍觀者如堵然。

各隊健兒，經歷兩天之龍爭虎鬥，戰情激烈，尤以冠軍爭霸戰，由紐約洪青甲對美京京青甲，戰情至為緊張，精彩出，為歷屆所罕見，每一分，爭奪都緊扣在場外數千觀眾的心絃，每一局之分數都非比尋常，尤以第三局由二比二起更出現六次平手，才被洪青甲以廿八比廿六勝，全場結四三比一，洪青甲以長勝之師，榮獲冠軍，加拿大飛虎甲得冠軍，美京京青甲，名列季軍。

女子排球賽，亦初次在波士頓舉行，由紐約洪青對波城青甲隊，結果紐約女士隊以二比〇得勝。

九月六日晚八時，舉行歡迎筵開四十桌。由中華公所中文書記余鴻堃主持宴會秩序，主席李寶卿致歡迎詞，總領事吳世英以英語演講，並分別頒發獎品，吳總領事代頒大使杯，李主席頒發亞季軍銀鼎，曹傳儒頒發女子隊銀鼎。其餘各隊，由總務路介屏，市府採購部主任陳毓禮，華埠小市府主任陳建立，分贈錦旗，以資鼓勵。

聞是次埠際比賽，籌款超過一萬元，成績至為美滿，同時出版特刊，分贈紀念丁恤，尤為難得。

下屆排球比賽，將輪值加拿大多倫多市舉行云。

滿庭芳酒樓總會

SZECHUAN GARDEN

華埠夏利臣街廿一號 訂座電話 四二六四三三五

川揚名菜
晚餐宵夜



李莎莉小姐
客串演唱

輕鬆散心 到滿庭芳
音樂悠揚 歌星美艷
携伴起舞 樂也融融



黎芳小姐
長駐演唱

港台歌星
巡迴演唱

每晚九時至二時半

最低消費

最高享受

初選黨內爭提名 現任人選多得勝

華人支持者 皆喜傳捷報

國會參議員愛德華甘迺迪自一九六二年以來在初選中首次遭遇同是民主黨之對手，但卒以壓倒性票數獲勝而得民主黨第三次提名連任參議員席位。甘迺迪將順利通過十一月大選繼續代表麻省出席國會參議院。甘迺迪在初選中之對手為反車載健將丁時茂及現任波市議員之林公理。林公理是義大利裔，在波市之義大利城（北區）很吃香。丁時茂是愛爾蘭裔（與甘迺迪同），任職律師，代表激烈反對車載之團體「怒吼」，因而在查理城、南波士頓、東波士頓等地區深得支持。林公理及丁時茂在波市以外不受車載影響地區毫無群眾基礎。初選前，一般推測甘迺迪在波市之選票可能不及林、丁二人，但出乎意料之外，甘迺迪在波市竟得百分之五十一選票，比兩名對手合起來還要多。

開票後，甘迺迪在其競選總部公開感謝選民之支持及愛護，並表示大選勝利後將繼續努力，在參議院內代表麻省市民之利益，同時設法解決麻省在就業上及經濟上之困難。

根據報章消息：甘迺迪在初選中使用約卅萬元，其競選口號則着重於國民醫療保險及失業等等問題。

代表第九選區之國會眾議員若瑟牧里在初選中以將近三對二比例之票數壓倒其黨內對手羅拔費鄰而獲民主黨繼續提名其連任連任。

費鄰在競選中指責牧里反對車載不夠激烈，而牧里則自認是保守份子。牧里之競選戰略是加強波市選票，並且拼命維持市外近郊選民之支持。費鄰雖然不弱，但其失敗並非意外。

現任眾議院多數黨（民主黨）領袖且最有希望接任眾議院議長職位之小湯馬士奧紐以三對一比例之票數打倒反車載健將費樂迪。費樂迪現任代表包蒙區之省眾議員。觀察家以為奧紐會在東波士頓區（激烈反對車載地區）敗給反車載且屬義大利血統的費樂迪，但奧紐竟在該區佔二對一之優勢。

在競選時費樂迪曾公開指責奧紐經常利用公費旅行，其電台競選宣傳廣告並稱呼奧紐為「旅行奧紐」（奧紐之小名由英文旅行諧音）。

另一位在競選時遭受對手猛烈攻擊仍獲得勝利者為民主黨籍代表第十一選區的國會現任眾議員布克。布克之對手為哈佛畢業之律師麥加迪。麥加迪曾任代表波士頓之國會眾議員牧理之副手。在競選時，麥加迪屢次對布克作人身攻擊。布克於初選勝利後對記者們表示：現代有能力的人多不願意涉足政治，因為在政治圈中很多時會遭受到對手卑鄙的攻擊。

波士頓市議會議長路意絲布克詩女士在初選中獲得共和黨提名競選塞伏縣之地契註冊長一職。布克詩女士表示：假如她當選註冊長，她將辭去市議長之位置而接任地契註冊長，因為她希望重拾廿五年前所拋棄之法律事業。註冊長之薪俸為每年二萬七千餘元，比市議長高五千元。根據法律規定：布克詩女士可以身兼市議長及註冊長兩職，但祇能領一份薪俸。但假如她辭去市議長之職務，市議會之議員空缺將由上次落選之最高得票者補上。上次落選之最高得票者為現任代表南波士頓之省眾議員雷蒙費鄰。一般認為：布克詩與費鄰雖同是保守派，但二人之間歧見甚深。

冊長兩職，但祇能領一份薪俸。但假如她辭去市議長之職務，市議會之議員空缺將由上次落選之最高得票者補上。上次落選之最高得票者為現任代表南波士頓之省眾議員雷蒙費鄰。一般認為：布克詩與費鄰雖同是保守派，但二人之間歧見甚深。

學生兼職
担任送貨 時間自由
自備汽車 薪金面議
請電：五四二一六四二四
信華餐室

辦公室位置出租
波士頓哈佛街廿八號，請電
四二六一五四五〇三或CODY

汽車泊位出租
波士頓哈佛街廿四號，請
電：四二六一五四五零

波士頓華美書局
CHINESE AMERICAN BOOK CO.
79 Kneeland St. Boston, Mass. 02111
Tel: (617) 423-2264
圖書雜誌 唱片唱帶 工藝禮物 歡迎選購

物業稅增百份廿八

租客業主叫苦連天

波士頓市長懷特於九月十六

日宣佈市物業稅率下年增加五十六元二角，即每千元估價征收物業稅二百五十二元九角。增加幅度為百分之廿八，為四年來之最高者。

波市之物業稅率在未宣佈增加前已經是全國最高稅率之列。增加後，預料對房租甚至全面之經濟有嚴重之影響。輿論界有推測年底前房租會急劇增加，中下層階級會加速離市，小業主可能放棄物業等等。

環球報記者麥米蘭認為稅率再下一年還會增加廿元。

麥米蘭在環球報撰文分析市府之預算結構，以下是麥文之簡述：

市府之經費開支可粗分為五大類：市府及縣府經費，學校經費，公務員退休金，債務，及雜項。雜項包括公路局及大波士頓區行政公署攤額，及市經費上年度之透支（麻省規定：市府上會計年度之透支必須在次會計年度清繳，換言之，上年度之赤字應列入下年度之

支出）。

市費之收入有物業稅，省府及聯邦之津補，市府各部門之辦公收入（如牌照費，泊車罰金等），及雜項。雜項收入最大宗者為汽車附加稅。

當市府之支出超過收入時，唯一的補救辦法是增加收入減低支出。增加收入就要增稅。

至於減低支出方面，市府及縣府經費預算案已經削減二千六百二十萬，減至二億八千一百三十萬。懷特下令各部門之預算一律削減百分之十，不得異議。而市議會對市府提交之預算案亦予以大刀闊斧。但裁減預算有時却是紙上談兵，硬將實際支出不能減低之項目裁減將變成日後之透支。例如去年劇雪經費支出二百萬之，今年之預算裁至五十萬之。冬天來了，五十萬之用完後便不劇雪還是先劇雪透支了再算好嗎？透支了之部份還是到同下年經費。這樣裁減預算似乎並不合理。

學校經費也是一樣。去年撥款一億五千四百萬，用了一億七千萬。今年預算經費一億八千五百萬，市長及市議會把它裁至一億六千五百萬。到頭來學校當局可能又會用完了再回頭要。

就假定市府縣府實際開支可以不出預算，學校也可以量入為出，但退休金則實難控制。退休金是根據退休前三年之平均薪俸計算，薪俸年年增加，退休金也隨之而增，而且退休是無法控制的。今年市府的退休金支出將達五千萬，比去年增加九百萬。

債務是市府貸款必須償還的本金和利息，貸款是可以控制的項目，但市府今年之債務支出從去年之四千七百一十萬增至六千三百八十萬，主要是因為紐約市面臨破產，市府貸款從年息六厘升至年息九厘。

雜項支出最大的是上年透支及市民之欠稅，兩者合共是五千一百六十萬。

總計起來，全部開支將比去年預算之六億零一百萬增加六千四百四十萬，但此數尚要加上去年透支額。

在收入方面，省府津補從去年之一億三千八百三十萬減至

一億零八百九十萬。聯邦津補二千一百萬，比去年少二千萬。各部門之行政收入如醫院收入等預計比去年增加七百萬，但麻省規定此項收入在預算案上祇能報去年實收數字，因此祇有八千三百二十萬。雜項收入，即汽車附加稅，預計有一千二百六十萬。

除稅項外之全部收入總額為一億九千五百萬九千九百，支出則達六億四千一百四十萬，相差數四億四千五百五十萬就是物業稅必須征收之數額。攤分起來，每千元估價之物業必須征收二百五十二元九角，亦即比去年增加五十六元二角。

誠徵裁縫及車衣

不必熟手 SALLINGER'S 地址：華威頓街五百六十八號 電話：四二六-七五三一 四二六-〇三五〇

男女服裝秋季大減價

恤衫自十四元至十八元 減至十一元
西褲自三十元至卅五元 減至十八元
西裝全套一百廿五元起
華威頓街五六五號 SALLINGER'S 426-0350

SAMPAN

新報月刊

出版人 華美 福利會 社址 泰街 八十五號

市政學校 經費劇增 物業加稅 五拾六元

懷特市長為減低來年市物業稅增加幅度，擬於月內向有政府提出征收僱主薪俸附加稅方案，薪俸附加稅係向僱主征收者，其稅率是每百元附加一元。簡言之，倘該方案獲得議會通過授權市府實行，本府之僱主每年必須向市府繳納相等於其發薪總額百分之十的附加稅。除此方案外，懷特並宣稱將謀求修改市府章程，使學校市

市政預算分開，從而使學校稅獨立。波市目前祇征收物業稅，而部份收入撥作學校經費。學校之行政及預算，大部份之權力操在市教育委員會（民選）手上，市長之影響力不大。今年市物業稅率增加百分之廿八，市府認為主要原因，是學校方面無法控制過度膨脹之支出。

麻省初選揭曉 甘迺迪奧紐等 得民主黨提名

■國會參議員席位
現任之愛德華甘迺迪得勝獲民主黨繼續提名競選。
國會參議員是代表全省的，因此不分選區。
■國會眾議員席位
第八選區（代表查理士城，

東波士頓，森麻威路，柯士頓，白賴頓）——現任之小湯馬士奧紐（目前眾議院多數黨領袖且最有希望接任眾議院議長職位）得勝獲民主黨繼續提名競選。
第九選區（代表波士頓之絕大部份）——現任之若瑟牧里得勝獲民主黨繼續提名競選。

■省參議員席位
塞伏縣第一區（代表南波士

頓及華埠等）——現任之威廉保加得勝獲民主黨繼續提名競選。
塞伏縣第二區（代表波士頓南端等）——現任之威廉奧雲士得勝獲民主黨提名競選連任。
■省眾議員席位
塞伏縣第三區（代表義大利城及華埠等）——現任之奧蘭地得勝獲民主黨繼續提名競選。



38
WSBK-TV
The Bruins/Red Sox Station